

Χριστίνα Αθανασιάδου | Βασιλική Δελιγιάννη-Κουϊμτζή

# Φεμινιστική Ψυχολογία

Συμβουλευτική υποστήριξη  
και ενδυνάμωση γυναικών



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### Abstract

The present volume is an introductory textbook dealing with the theory, research, and practice of the field of Feminist Psychology, within which many of the traditional assumptions of the science of Psychology are challenged, in terms of gender equality and the inclusion of the female experience. The first two chapters (Chapters 1-2) provide an extensive discussion of feminism and its history, the concept of patriarchy and the interpretation of unequal social relations between genders through feminist theory and specific feminist sociological approaches. The next two chapters (Chapters 3-4) discuss the issue of gender identity, social norms, and gender stereotypes, while summarizing the feminist tradition's critique of the discipline of Psychology. Chapters 5 to 10 are proposals for a feminist approach to important aspects of the science of Psychology, taking a new, critical look

at a range of issues that researchers and professional psychologists face in their everyday practices, including: personality theories, feminist therapy, counseling for gender-based violence, LGBTI counselling, gender issues in education, women's professional development, discrimination and stereotyping in the workplace, and work-family balance. The volume is primarily addressed to instructors of undergraduate and postgraduate psychology and gender studies programmes, undergraduate and postgraduate students, as well as researchers. It aims to provide evidence-based information and reflection on important issues in Psychology, offering a critical perspective on the ways in which the discipline of Feminist Psychology has approached and continues to approach gender and women's experience, as well as suggestions for interventions aimed at changing attitudes, methods, and practices

